

Lebanon Recreation presents

Free Lacrosse Clinic for Beginners

This introductory clinic will provide basic instruction in lacrosse fundamentals, including stick handling, ball cradling, passing, and shooting. Methods used will include simple drills and fun games aimed at increasing player comfort and confidence in using techniques learned. Proper gear and safety will be introduced and reinforced throughout activities.

Classes are held in rain, but will be postponed in cases of severe weather.

4 Saturdays, 9:00 am-12:00 pm

July 25 to August 15 (7/25, 8/1, 8/8, 8/15)

Lebanon Elementary School- Senior League Field

Course Eligibility: Boys and girls entering grades 5-8

Instructor: Adam Scheuritzel

Adam Scheuritzel's love of lacrosse began when he first played the game in college, and has continued as several of his five children have also learned the game and played in local youth lacrosse leagues and in high school. Adam has provided coaching assistance to his sons' youth lacrosse teams over the years. Adam has also taught fire safety to elementary, middle, and high school youth in his past role as a town fire marshal; he is a 25-year veteran of volunteer fire and emergency medical service in northeast Connecticut. Adam makes his home in Lebanon with his wife, Kate, and their two-legged and four-legged kids.

Required equipment includes:

- Short lacrosse stick
- Lacrosse-specific safety gear:
 - Helmet
 - Gloves
 - Chest / shoulder pads
 - Arm guards
- Mouth guard
- Athletic cup
- Optional supplies include:
 - Lacrosse balls for practice at home
 - Cleats (Sneakers are definitely acceptable for this level of play.)

A list of purchase sources can be provided.

Fill out form and mail or return to: Lebanon Recreation Dept. 579 Exeter Rd Lebanon, CT 06249

Child's Name:	Gender:	D. O. B.:
Street & City:		Grade:
Guardian's Name & Address if different:		
BEST PHONE NUMBER TO REACH YOU AT:		
Email:		
In the event of an emergency requiring medical attention, after every reasonable effort has been made to contact me, I hereby grant permission and consent to a physician or other hospital personnel to do whatever is deemed necessary to treat my child. The attending physician is given permission to proceed with any medical or minor surgical treatment, x-rays and immunizations for my child. I hereby agree to release, discharge and hold harmless the Town of Lebanon, its employees and volunteers for any liabilities, which may occur while participating in the sports program. I understand that participation in any sport activity involves risk of injury.		
Signature of Parent/Guardian		
Current medication, allergies and conditions:		
Amount Paid \$	(Check one) [] Cash [] Check # _____ Make check payable to: Lebanon Recreation	

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For more information contact the Lebanon Recreation Department at (860) 642-4085
or email us at lebanonrec@lebanontownhall.org.